

Dear SOMHELP members,

This week's topic is healthy snacks for work place meetings. We can begin to fight obesity in the workplace by offering healthier choices. Eating is one of life's greatest pleasures and can definitely enhance workplace meetings. Providing healthy foods and beverages makes sense and supports good health. Follow the guidelines listed below to offer disease fighting foods helping employees stay well and provide the energy boost employees need during meetings.

- Offer low-calorie beverages - plenty of water, bottled or with slices of lemon, orange, or lime; spritzers (without sugars); unsweetened teas; coffee with low-fat or skim milk, and fat-free half and half.
- Cut-up fresh fruit and/or vegetables with sides of salsa, fat-free dressings, low-fat yogurt, or tofu dips.
- Low-fat popcorn (air-popped), pretzels, whole-grain low-fat crackers with hummus dips, low-fat cottage cheese, thin-sliced mozzarella, or other low-fat cheese.
- Whole-grain mini-bagels or mini-bran muffins with assorted varieties of reduced-fat cream cheese (strawberry, dill, honey-nut, etc.) or peanut butter.
- Assorted unsalted nuts, such as almonds, walnuts, pistachios, dry-roasted peanuts, sunflower seeds, olive-oil roasted and spiced pumpkin or squash seeds.
- When celebratory cake is served, practice portion control; cut into 2" squares (those that want to can always have seconds) and serve with other healthy choices.

Workplace leaders modeling healthy eating behaviors make a powerful statement in the workplace. Work-site wellness is a win-win situation! (This information is from the "Eat Smart Newsletter" by Rebecca Morley, MA).

Information contained in the SOMHELP e-mails is general in nature, and not intended to diagnose, treat, cure, or prevent any disease. As always, you should consult with your healthcare provider before making any changes.

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